

# player's corner

SITUATIONS, STRATEGIES AND INSTRUCTION

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**HANG FIVE:** Let your non-dominant arm hang next to your body (top), then grip the club using that same hand position.

## Grip Service

HOW TO GET A HOLD ON YOUR GAME

**J**ACK NICKLAUS ONCE said he would spend an entire month during each off-season working on his grip. An exaggeration? Perhaps. But who's going to argue with the greatest golfer ever? And after all, in golf there's no exaggerating the importance of a good grip. The hands are a golfer's only connection with the club, so a proper grip is pivotal to the setup. By rotating your hands in a fashion that creates a desired ball flight, placing the handle in your fingers, and applying suitable pressure for creating speed and accuracy, you'll form a grip that is a reliable start to a repeatable swing. (The following instruction assumes the player is right-handed.)

### FINDING YOUR GRIP

Everyone has a slightly different grip. Understanding this is important for multiple reasons. Some of these include hand and finger size as well as the desired ball flight. Ball flight refers to the curvature or straightness to one's shot, not its trajectory. Looking even deeper you will find that veteran players may purposely alter their grip for certain short game shots, putts, shots out of deep grass, and when intending to curve the ball.

Incorrect hand position often leads to an unwanted ball flight. To find your natural grip, relax your left arm (right arm for left-handed players) and let it hang next to your body (left, top).

Next, grip the club using that same hand position (left, bottom). With your top hand (left hand for right-handed players) in place, wrap your bottom hand (right hand for right-handed players) around the club so that your lifeline fits over the thumb of your top hand. This melding of your hands will create a compact grip that can drastically improve power, contact, directional control and consistency.

Some players count the knuckles visible on their top hand to achieve a consistent grip, but with a little practice, you'll become kinesthetically aware of your hand-positioning. As your hands settle together, you'll notice that your palms face each other, forming lines between your forefinger and thumb. If your hands are positioned correctly, the lines should be parallel (right).

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